


### Prof Eleni Kapreli CV

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<b>Work address</b>	University of Thessaly, Department of Physiotherapy, 3 <sup>rd</sup> Km Old National Road Lamia–Athens, Lamia, 35100 Greece	

### EDUCATION

1999-2006: Doctor of Philosophy, University of Athens, Faculty of Physical Education & Sports Science, Dep. of Sport Medicine & Biology of Physical Activity, Laboratory of Sports Physiotherapy. Thesis: Sensorimotor neuroplastic brain changes in patients with anterior cruciate ligament deficiency  
<https://www.didaktorika.gr/eadd/handle/10442/34539?locale=en>

1996-1997: MSc in Sports Medicine, University of Nottingham, UK, Faculty of Medicine and Health Sciences, Centre for Sports Medicine.

1991-1995: BSc in Physiotherapy, Technological Educational Institution (T.E.I) of Athens, School of Professions of Health and Welfare, Department of Physiotherapy

### CURRENT POSITION

Since 2018: Director of Clinical Exercise Physiology and Rehabilitation Laboratory, University of Thessaly

Since 2019: Professor in Department of Physiotherapy, School of Health Sciences, University of Thessaly

Since 2020: Director of MSc “Advanced Physiotherapy” Programme, School of Health Sciences, University of Thessaly

## POST POSITIONS

2004-2005: Elected Deputy Head of Division of Specialized Modules, Physiotherapy Department, TEI Lamias

2005-2006: Elected Head of Division of Specialized Modules, Physiotherapy Department, TEI Lamias

2005-2006: Elected Deputy Head of Department of Physiotherapy, T.E.I. Lamias

2007-2008: Elected Deputy Head of Division of Specialized Modules, Physiotherapy Department, TEI Lamias

2012-2015: Head of Physiotherapy Department, TEI Lamias, Greece

2016-2017: Head of Physiotherapy Department, TEI Lamias, Greece

2017-2018: Elected member of the Research and Education Committee of T.E.I. Stereas Elladas.

2017-2019: Professor in Department of Physiotherapy, T.E.I. Stereas Elladas

2017- 2018: Deputy Head of Department of Physiotherapy, T.E.I. Stereas Elladas

2018-2019: Dean of Health Professions and Welfare School, T.E.I. Stereas Elladas

## ACADEMIC POSITIONS

January 2019- : Professor in Department of Physiotherapy, School of Health Sciences, University of Thessaly

December 2016 – January 2019: Professor, Department of Physiotherapy, T.E.I.

Stereas Elladas.

Sept 2012- December 2016: Assistant Professor, Department of Physiotherapy, T.E.I. Stereas Elladas.

August 2008 – Sept 2012: Associate Professor, Department of Physiotherapy, T.E.I. Lamias

June 2003 – July 2008: Lecturer, Department of Physiotherapy, T.E.I. Lamias.

September 2007 – Today: Research Associate, Department of Physical Education and Sport Science, National and Kapodistrian University of Athens.

## PROFESSIONAL EXPERIENCE

December 1996 – June 2003: Senior Physiotherapist at General Hospital N. Ionias “Ag. Olga”, Athens.

## PROFESSIONAL ORGANISATIONS

### Current:

Member of Scientific Committee of Sports Physiotherapy, Panhellenic Physiotherapy Association (election)

Member of Panhellenic Physiotherapy Association (subscription)

Member of Hellenic Scientific Society of Physiotherapy (subscription)

Member of Hellenic Association of Biomechanics (subscription)

### Previous:

President of Sports Physiotherapy Section of Panhellenic Physiotherapy Association (election)

Hellenic Delegate of Sports Physiotherapy Section of Panhellenic Physiotherapy Association in International Federation of Sport Physical Therapy (election)

## UNDERGRADUATE ACADEMIC/TEACHING EXPERIENCE

Modules: Clinical Exercise Physiology, Sport Physiotherapy, Exercise in Chronic

## POSTGRADUATE ACADEMIC/TEACHING EXPERIENCE

- MSc Advanced Physiotherapy, Physiotherapy Department, University of Thessaly:
  - Modules: Motor Control & Motor Learning in Rehabilitation
- MSc Program in "Analgesia and Palliative/Palliative Care", Medical School, University of Thessaly:
  - lecture: The physiotherapist role in Palliative/Palliative Care
  - lecture: Physiotherapy and analgesia
- MSc Physiotherapy (pre-registration) programme, King's College London, UK:
  - lecture: Empathy in Physiotherapy Research
- MSc Therapeutic Exercise, Physiotherapy Department, University of Patras:
  - lecture: Pain Phenotypes and Precision Medicine

## MSc SUPERVISION

Supervision of more than 25 MSc students at MSc in Advanced Physiotherapy, University of Thessaly

Joint supervision with Prof. Athanasopoulos S. on two MSc students at Department of Physical Education and Sport Science, National and Kapodistrian University of Athens (qualified June 2014).

## PHD SUPERVISION

- Joint supervision with Prof. Oldham, J.A. on PhD student Z. Dimitriadis at Centre for Rehabilitation Science, School of Translational Medicine, Epidemiology arc, University of Manchester, UK (qualified 2011).
- Joint supervision on PhD student K. Tranakas, Department of Musical Studies, Ionian University (2017- today).
- Supervision on PhD student P. Bilika, Physiotherapy Department, Health Sciences, University of Thessaly (2020-today)

- Supervision on PhD student K. Savvoulidou, Physiotherapy Department, Health Sciences, University of Thessaly (2021-today)
- Supervision on PhD student A. Paliouras, Physiotherapy Department, Health Sciences, University of Thessaly (2021-today)
- Supervision on PhD student D. Ignatoglou, Physiotherapy Department, Health Sciences, University of Thessaly (2024-today)
- Joint supervision on 4 PhD students, Physiotherapy Department, Health Sciences, University of Thessaly (2021-today)
- Joint supervision on 1 PhD student, Physiotherapy Department, European University, Cyprus (2024-today) and 1 PhD student, Nursing Department, TEPAK, Cyprus (2024-today)

### **RESEARCH EXPERIENCE/ FUNDED RESEARCH PROJECTS**

- April 2005– June 2007: Participation as member of the research team in research study entitled “The phenomenon of falls in healthy Greek old people: A study of somatometric and somatokinetic characteristics aiming prevention”. The project received grant (50.000 euros) from European Committee, Archimedes program (EPEAEK II).
- July 2012 - November 2015: Participation as member of the main research team in a research study entitled “Cross-cultural validation of international outcome measures – questionnaires in Greek and construction of electronic database” in “Archimedes III” call, Education and LifeLong Learning Operational Program (received grant 100.000 euros)
- July 2012- June 2015: Participation as member of the main research team in a research study entitled “Development of an original outcome measure to be used by Greek health professionals for low back pain assessment, derived from a systematic exploration of the low back pain problem within Greece” in “Archimedes III” call, Education and LifeLong Learning Operational Program (received grant 100.000 euros)
- July 2012- June 2015: Participation as coordinator/ member of the main research team in a research study entitled “Noninvasive measurement of the haemodynamic parameters and of the advanced end glycation products (AGEs) level in students smokers and in students who intake caffeine” in “Archimedes III” call, Education and LifeLong Learning Operational Program (received grant 100.000 euros)

- October 2019- 2022: Coordinator (partner) in three years research programme Erasmus K2, Action: Strategic Partnerships for higher education (KA203), Project Title: Curriculum Development using VR technology to enhance empathetic communication skills in future health care professionals (400.000 euros)
- November 2020-2023: Participation as member of the main research team in a research study entitled "Smart tourist infrastructures for accessible innovative human-centered cultural-touristic development of Sterea Ellada" in "The "Competitiveness, Entrepreneurship and Innovation" (EPAnEK) Operational Programme" (received grant 1.800.000 euros)
- September 2023- : Coordinator (partner) in a three years research programme Erasmus K2, Action: Strategic Partnerships for higher education (KA203), Project Title: Higher education to improve competency in Sports Physiotherapy (400.000 euros)

#### **MEMBER OF EDITORIAL BOARD IN PEER REVIEW JOURNALS**

- Physiotherapy Issues Journal
- Archives of Physiotherapy

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#### **REVIEWER IN PEER REVIEW JOURNALS**

- Reviewer in Neuroimage
- Reviewer in BMC Musculoskeletal Disorders
- Reviewer in Respiratory Care
- Reviewer in Orthopedic Research

#### **REVIEWER/SCIENTIFIC BOARD IN INTERNATIONAL RESEARCH PROPOSALS - CONGRESSES**

- Reviewer in the 17<sup>th</sup> World Congress of WCPT, Singapore (2015)
- Member of Scientific Committee of 5<sup>th</sup> European Congress of the European Region of the WCPT on Physiotherapy Education, Leuven, Belgium (2020)
- Member of IASP terminology task force (2024)

## PUBLICATIONS (BOOKS)

1. **Kapreli E. et al.** (2024) Editor for a Special Issue "Sports Injuries: Current Trends in Diagnosis, Treatment, and Rehabilitation " in Journal of Clinical Medicine (I.F 3.00, Pubmed Index).
2. **Kapreli E.** (2024) Editor for a Special Issue "New Advances in the Treatment of Chronic Musculoskeletal Pain" in HealthCare (I.F 3.160, Pubmed Index).
3. **Kapreli E.** Editor in the Greek edition of "Clinical communication skills for healthcare professionals" 1<sup>st</sup> edition 2023, Konstandaras Publications, ISBN:9789606080647
4. **Kapreli E. et al.** Editor in the Greek edition of "Sports Injuries Rehabilitation" 1<sup>st</sup> edition 2023, Konstandaras Publications, ISBN: 9789606081002
5. **Kapreli E et al.** Editor of a chapter entitled "Applications of good practice in primary health care" in the book of "The role of the physiotherapist in Primary Health Care", edited by Kalokairinou A., Kallipos Academic Publications, (<https://repository.kallipos.gr/handle/11419/3301>), Athens 2015
2. **Kapreli E. et al.** Editor of a chapter entitled "Techniques of reestablishment of neuromuscular control" in the book of "Sports Physiotherapy", edited by Fousekis K., Broken Hill Publications, Athens 2015
3. **Kapreli E. et al.** Editor in the Greek edition of "Clinical Management Notes and case histories in Cardiopulmonary Physical Therapy", edited by Reid W. Darlene, Chung Frank, 1<sup>st</sup> edition 2004, Slack Incorporated
4. **Kapreli E et al.** Editor in the Greek edition of "Ganong's Medical Physiology", edited by Barrett K. , 1<sup>st</sup> edition 2011, BROKEN HILL PUBLISHERS
5. **Kapreli E et al.** Editor in the Greek edition of "Exercise for Special Populations", edited by Williamson P, 1<sup>st</sup> edition 2010, LWW.

## PUBLICATIONS (PEER REVIEWED JOURNALS)

1. Nijs J, Kosek E, Chiarotto A, Cook C, Danneels LA, Fernández-de-Las-Peñas C, Hodges PW, Koes B, Louw A, Ostelo R, Scholten-Peeters GGM, Sterling M, Alkassabi O, Alsobayel H, Beales D, Bilika P, Clark JR, De Baets L, Demoulin C, de Zoete RMJ, Elma Ö, Gutke A, Hanafi R, Hotz Boendermaker S, Huysmans E, Kapreli E, Lundberg M, Malfliet A, Meziat Filho N, Reis FJJ, Voogt L, Zimney K, Smeets R, Morlion B, de Vlam K, George SZ. Nociceptive, neuropathic, or nociplastic low back pain? The low back pain phenotyping (BACPAP) consortium's international and multidisciplinary consensus recommendations. *Lancet Rheumatol.* 2024 Mar;6(3):e178-e188. doi: 10.1016/S2665-9913(23)00324-7. Epub 2024 Feb 1. PMID: 38310923.
2. Parlakidis, K., Kontopoulos, L. A., Mandalidis, D., Paraskevopoulos, E., Papandreou, M., Kapreli, E., & Christakou, A. (2024). The Effectiveness of External

- Verbal Feedback on Balance in Athletes with Chronic Ankle Instability. *Journal of Functional Morphology and Kinesiology*, 9(1), 56.  
<https://doi.org/10.3390/jfmk9010056>
3. Tsokani, A., Stefanouli, V., Adriaenssens, N., Kotsakis, A., Kapreli, E., & Strimpakos, N. (2024). The effects of green exercise on the mental and physical health of people with chronic conditions: a systematic review. *International journal of environmental health research*, 1–15. Advance online publication.  
<https://doi.org/10.1080/09603123.2024.2391991>
  4. Krokos, D., Kandanoleon, A., Paraskevopoulos, E., Tsekoura, M., Kapreli, E., & Christakou, A. (2024). Examination of the Validity and Reliability of the Greek Version of the Psychological Readiness of Injured Athlete to Return to Sport (PRIARS) Questionnaire. *Applied Sciences*, 14(24), 11655.  
<https://doi.org/10.3390/app142411655>
  5. Tsounia, E. A., Chandolias, K., Sgantzos, M., Pepera, G., Kapreli, E., & Strimpakos, N. (2024). Objective and subjective assessment in balneotherapy: a systematic review. *International Journal of Spa and Wellness*, 7(1), 87–108.  
<https://doi.org/10.1080/24721735.2024.2314372>
  6. Bilika P, Aivatidis I, Kaloudis K, Gkatzamanis R, Ruscheweyh R, Kapreli E. Pain Sensitivity Questionnaire: Cross-cultural adaptation and validation of the Greek version. *Physiother Res Int*. 2024 Oct;29(4):e2113. doi: 10.1002/pri.2113. PMID: 39076064.
  7. Tassignon B, Ramponi C, Hirvonen A, Arend M, Kapreli E, Verschueren J. The SportsComp Erasmus+ project. An initial WP2 Protocol Overview: The International and Multidisciplinary Delphi and Qualitative Study. *Int J Sports Phys Ther*. 2024 May 2;19(5):510-512. doi: 10.26603/001c.116582. PMID: 38707846; PMCID: PMC11065786.
  8. Parlakidis K, Kontopoulos LA, Mandalidis D, Paraskevopoulos E, Papandreou M, Kapreli E, Christakou A. The Effectiveness of External Verbal Feedback on Balance in Athletes with Chronic Ankle Instability. *J Funct Morphol Kinesiol*. 2024 Mar 21;9(1):56. doi: 10.3390/jfmk9010056. PMID: 38535436; PMCID: PMC10970873.
  9. Ignatoglou D, Paliouras A, Paraskevopoulos E, Strimpakos N, Bilika P, Papandreou M, Kapreli E. Pole Dancing-Specific Muscle Strength: Development and Reliability of a Novel Assessment Protocol. *Methods Protoc*. 2024 May 18;7(3):44. doi: 10.3390/mps7030044. PMID: 38804338; PMCID: PMC11163365.



10. Vasilis N, Kyriakides A, Vasilopoulos G, Chatzitimotheou M, Gonidakis G, Kotsakis A, Paraskevopoulos E, Kapreli E. Injuries and Persistent Pain in Elite Adolescent Archery Athletes: A Cross-Sectional Epidemiological Study. *Sports (Basel)*. 2024 Apr 2;12(4):101. doi: 10.3390/sports12040101. PMID: 38668569; PMCID: PMC11054429.
11. Savvoulidou K, Papageorgiou A, Kolokotroni O, Kapreli P, Tsokani A, Strimpakos N, Kapreli E. Facilitators and barriers of empathetic behaviour in physiotherapy clinical practice: A qualitative focus group study. *Musculoskelet Sci Pract*. 2024 Apr;70:102923. doi: 10.1016/j.msksp.2024.102923. Epub 2024 Feb 23. PMID: 38417284.
12. Ramponi C, Hirvonen A, Arend M, Kapreli E, Verschueren PDJ. The Sportscomp Erasmus+ Project: Higher Education to Improve Competency in Sports Physiotherapy. *Int J Sports Phys Ther*. 2024 Feb 1;19(2):142-144. doi: 10.26603/001c.92319. PMID: 38313674; PMCID: PMC10837812.
13. Antoniou V, Kapreli E, Davos CH, Batalik L, Pepera G. Safety and long-term outcomes of remote cardiac rehabilitation in coronary heart disease patients: A systematic review. *Digit Health*. 2024 Mar 25;10:20552076241237661. doi: 10.1177/20552076241237661. PMID: 38533308; PMCID: PMC10964460.
14. Kosek E, Nijs J, Chiarotto A, Cook C, Danneels LA, Fernández-de-Las-Peñas C, Hodges PW, Koes B, Louw A, Ostelo R, Scholten-Peeters GGM, Sterling M, Alkassabi O, Alsobayel H, Beales D, Bilika P, Clark JR, De Baets L, Demoulin C, de Zoete RMJ, Elma Ö, Gutke A, Hanafi R, Boendermaker SH, Huysmans E, Kapreli E, Lundberg M, Malfliet A, Filho NM, Reis FJJ, Voogt L, Zimney K, Smeets R, Morlion B, de Vlam K, George SZ. Contesting the BACPAP consortium's consensus - Authors' reply. *Lancet Rheumatol*. 2024 Jul;6(7):e419-e420. doi: 10.1016/S2665-9913(24)00130-9. PMID: 38897720.
15. Tassignon, B., Ramponi, C., Hirvonen, A., Arend, M., Kapreli, E., & Verschueren, J. (2024). The SportsComp Erasmus+ project. An initial WP2 Protocol Overview: The International and Multidisciplinary Delphi and Qualitative Study. *International journal of sports physical therapy*, 19(5), 510–512. <https://doi.org/10.26603/001c.116582>
16. Nijs, J., Lahousse, A., Fernández-de-Las-Peñas, C., Madeleine, P., Fontaine, C., Nishigami, T., Desmedt, C., Vanhoeij, M., Mostaqim, K., Cuesta-Vargas, A. I., Kapreli, E., Bilika, P., Polli, A., Leysen, L., Elma, Ö., Roose, E., Rheel, E., Yilmaz, S. T., De Baets, L., Huysmans, E., ... Saraçoğlu, İ. (2023). Towards precision pain medicine for pain after cancer: the Cancer Pain Phenotyping Network

- multidisciplinary international guidelines for pain phenotyping using nociplastic pain criteria. *British journal of anaesthesia*, 130(5), 611–621. <https://doi.org/10.1016/j.bja.2022.12.013>
17. Bilika, P., Paliouras, A., Savvoulidou, K., Arribas-Romano, A., Dimitriadis, Z., Billis, E., Strimpakos, N., & Kapreli, E. (2023). Psychometric properties of quantitative sensory testing in healthy and patients with shoulder pain: A systematic review. *Journal of musculoskeletal & neuronal interactions*, 23(1), 145–164.
18. Sapouna V, Dimitriadis Z, Douros K, Kapreli E, Kortianou E. Technical Factors That May Influence mHealth Adherence in Children With Chronic Pulmonary Diseases: Scoping Review. *Pediatric Physical Therapy*, 2023;35:468-477, doi:10.1097/PEP.0000000000001039
19. Bilika P, Karampatsou N, Stavrakakis G, Paliouras A, Theodorakis Y, Strimpakos N, Kapreli E. Virtual Reality-Based Exercise Therapy for Patients with Chronic Musculoskeletal Pain: A Scoping Review. *Healthcare*. 2023; 11(17):2412. <https://doi.org/10.3390/healthcare11172412>
20. Tsokani A, Dimopoulos T, Vourazanis E, Strimpakos N, Billis E, Pepera G, Kapreli E. (2023). Barriers and Facilitators for Therapeutic Green Exercise in Patients with Chronic Conditions: A Qualitative Focus Group Study. *Applied Sciences*,13(18):10077. <https://doi.org/10.3390/app131810077>
21. Dimitriadis Z, S Argyrou, A Diamantis, K Kostakis, A Kanellopoulos, N Strimpakos, I Poulis, Kapreli E (2023). Reliability of a two-dimensional video analysis protocol to assess forward head posture during walking. *Archives of Hellenic Medicine*, 40(6):772-778.
22. Papageorgiou, A., Leinweber, J., Böhm, K., Constantinou, C., Kolokotroni, O., Kapreli, E., ... Papadopoulou, C. (2023). The Development of an Empathy Curriculum (Empathy in Health) for Healthcare Students Using VR Technology. *IntechOpen*. doi: 10.5772/intechopen.106518
23. Stefanouli E, **Kapreli E**, Anastasiadi E, Nakastis A, Strimpakos N (2022). Validity and reliability of the Greek version of modified Baecke questionnaire. *Public Health*, 203: (58-64).
24. Bilika P, Nijs J, Fandridis E, Dimitriadis Z, Strimpakos N, **Kapreli E**. (2022). In the Shoulder or in the Brain? Behavioral, Psychosocial and Cognitive Characteristics of Unilateral Chronic Shoulder Pain with Symptoms of Central Sensitization. *Healthcare*, 10(9):1658. <https://doi.org/10.3390/healthcare10091658>
25. Bilika P, Paliouras A, Savvoulidou K, Arribas-Romano A, Dimitriadis Z, Billis E, Strimpakos N, **Kapreli E**. (2022). Psychometric properties of quantitative sensory

testing in healthy and patients with shoulder pain: A systematic review. *Int J Clin Trials*, 8(3): 253-59.

26. Giannaka M, Andrigiannakis A, Dimitriadis Z, Fandridis E, **Kapreli E**, Strimpakos N (2022). Cross-cultural validation of the Oxford Elbow Score and Mayo Elbow Performance Score in Greek. *Musculoskeletal Science and Practice* 57: 102499.

27. Pepera G, Dimitriadis Z, Antoniou V, Strimpakos N, **Kapreli E** (2022). Evaluation of physiotherapy students' attitudes and engagement with social networking and eLearning systems: Implications for education and training. *International Journal of Technology Enhanced Learning*, 14 (3), 231-242. DOI: 10.1504/IJTEL.2021.10043467

28. Antoniou V, Xanthopoulos A, Giamouzis G, Davos K, Batalik L, Stavrou V, Gourgoulianis K, **Kapreli E**, Skoularigis J, Pepera G (2022). Efficacy, Efficiency and Safety of a Cardiac Telerehabilitation Program Using Wearable Sensors in Coronary Heart Disease Patients: The TELEWEAR-CR study protocol. *BMJ open* 12:e059945. doi:10.1136/bmjopen-2021-059945

29. Antoniou V, Davos C, **Kapreli E**, Batalik L, Panagiotakos D, Pepera G (2022). Effectiveness of home-based cardiac rehabilitation, using wearable sensors, as a multicomponent, cutting-edge intervention: a systematic review and meta-analysis. *Journal of Clinical Medicine*, 11(13), 3772. <https://doi.org/10.3390/jcm11133772>

30. Sapouna V, Dimitriadis Z, Douros K, **Kapreli E**, Kortianou E (2022). Detecting technical factors that influence compliance to non-pharmacological treatment using mHealth technology in children with chronic pulmonary disease: a scoping review protocol. *International Journal of Clinical Trials*, 9 (3): 205-210. <https://doi.org/10.18203/2349-3259.ijct20221872>

31. Dimitriadis, Z.; Kapreli, E.; Strimpakos, N.; Oldham, J. (2022). Psychometric properties of the Greek version of the Pain Catastrophizing Scale in patients with chronic neck pain. *Archives of Hellenic Medicine*, 39(6):760-766

32. Christakou A., Vasileiadis G., Kapreli E. (2021). Motor Imagery as a method of maintaining performance in pianists during forced non-practice: a single case study" *Physiotherapy Theory and Practice*, 37(4):540-548.

33. Nijs, J. George, S., Clauw, D., Fernández-de-las-Peñas C., Kosek, E., Ickmans, K., Fernández-Carnero J., Polli, A., **Kapreli E**., Huysmans E., Cuest-Vargas A., Lundberg M., Leysen L., Rice D., Sterling D., Curatolo, M. (2021). Central sensitisation in chronic pain conditions: latest discoveries and their potential for

precision medicine. *Lancet Rheumatology* (On line First, DOI: [https://doi.org/10.1016/S2665-9913\(21\)00032-1](https://doi.org/10.1016/S2665-9913(21)00032-1)).

34. Chalimourdas A., Dimitriadis Z., **Kapreli E**, Strimpakos N (2021) Test – re-test reliability and concurrent validity of cervical active range of motion in young asymptomatic adults using a new inertial measurement unit device. *Expert Review of Medical Devices* (On line First, <http://doi.org/10.1080/17434440.2021.1971971>)

35. Bilika P, Savvoulidou K, Paliouras A, Dimitriadis Z, Billis E, Strimpakos N, **Kapreli E** (2021) Psychometric properties of quantitative sensory testing focusing on healthy and patients with shoulder pain: a systematic review protocol. *Int. J.Clin. Trials*, 8(3):253-259.

36. Nijs, J. George, S., Clauw, D., Fernández-de-las-Peñas C., Kosek, E., Ickmans, K., Fernández-Carnero J., Polli, A., **Kapreli E**., Huysmans E., Cuest-Vargas A., Lundberg M., Leysen L., Rice D., Sterling D., Curatolo, M. (2021). Central sensitisation: causes, therapies, and terminology – Authors' reply. *The Lancet Rheumatology* 3(8):e548-e549

37. Nijs J, Lahousse A, **Kapreli E**, Bilika P, Saraçoğlu I, Malfliet A, Coppieters I, De Baets L, Leysen L, Roose E, Clark J, Voogt L, and Huysmans E (2021). Nociceptive Pain Criteria or Recognition of Central Sensitization? Pain Phenotyping in the Past, Present and Future. *J Clin Med.*; 10(15): 3203. doi: 10.3390/jcm10153203

38. Giacomo Rossetini, Andrea Turolla, Bjorg Gudjonsdottir, **Eleni Kapreli**, Beate Salchinger, Geert Verheyden, Alvisa Palese, Andrea Dell'Isola, John Xerri de Caro (2021). Digital Entry-Level Education in Physiotherapy: a Commentary to Inform Post-COVID-19 Future Directions. *Medical Science Educator* 31: 2071–2083. <https://doi.org/10.1007/s40670-021-01439-z>

39. Pepera G, Z Dimitriadis, V Antoniou, N Strimpakos, **E Kapreli** (2021). Evaluation of physiotherapy students' attitudes and engagement with social networking and eLearning systems: Implications for education and training. *International Journal of Technology Enhanced Learning*.

40. Bilika P, Neblett R, Georgoudis G, Dimitriadis Z, Fandridis E, Strimpakos N, **Kapreli E**. (2020). Cross-cultural adaptation and psychometric properties of the Greek version of the Central Sensitization Inventory. *Pain Practice*, 20(2):188-196.

41. Katsiana A, Strimpakos S, Ventoulis I, **Kapreli E**, Sofologi M, Bonti E, Kotrotsiou S, Stalikas A (2020). Health-related Quality of Life in Children with Autism Spectrum Disorder and Children with Down Syndrome. *Mater Sociomed.*, 32(2): 93–98.

42. Deltsidou A, Zarikas V, Mastrogiannis D, **Kapreli E**, Bourdas D, Raftopoulos V, Noula M, Lykeridou K.(2020) Data on advanced glycation end-products concentrations and haemodynamic parameters following caffeine and nicotine consumption in nursing students. *Data Brief*, 32: 106063
43. Katsiana A., Strimpakos N, Kapreli E, Kolokotroni O, Kokkaris P., Alexandrou E., (2020) Cross-cultural adaptation and psychometric properties of the Greek Sensory Profile (SP-Gr) caregiver questionnaire. *Archives of Hellenic Medicine*, 37(1): 34-41.
44. Christakou A., Vasileiadis G., **Kapreli E**. (2019). Motor Imagery as a method of maintaining performance in pianists during forced non-practice: a single case study." *Physiotherapy Theory and Practice*, 3:1-9.
45. Katsiana A, Strimpakos N, **Kapreli E**, Kolokotroni O, Kokkaris P, Alexandrou S (2019) Cross Cultural Adaptation and psychometric properties of Greek Sensory Profile Caregiver Questionnaire. *Archives of Hellenic Medicine* (In press).
46. **Kapreli E**, Stavridis J., Billis EV., Athanasopoulos S, Katsiana A., Strimpakos N. (2019) Psychometric properties of the Greek version of Waterloo Footedness Questionnaire- Revised. *Journal of Biology of Exercise*, 15 (1): 27-40.
47. Dimitriadis Z, Koustravas, M, Stasinopoulos D, **Kapreli E**, Strimpakos N. (2018) Examination of the motives associated with the physical activity level of young adults in Thessaloniki, *Interscientific Health Care*, 10(3):27-38.
48. Koustravas, M, Dimitriadis Z, Stasinopoulos D, **Kapreli E**, Strimpakos N. (2018) Socioeconomic predictors of physical activity in young citizens of Thessaloniki, *Interscientific Health Care*, 9(4): 190-197.
49. Deltsidou A, Zarikas V, Mastrogiannis D, **Kapreli E**, Bourdas D, Papageorgiou E, Raftopoulos R, Noula M, Lambadiari M, Lykeridou K (2017) Reliability analysis of Finometer and AGE-Reader devices in a clinical research trial. *Int. J. of Reliability and Safety*, 11, No.1/2
50. Dimitriadis Z, **Kapreli E**, Strimpakos N, Oldham J (2017) The association between the physical activity of patients with idiopathic chronic neck pain and their psychological state. *Archives of Hellenic Medicine*, 34(1):100-103.
51. Dimitriadis Z, Fragkakis, E., **Kapreli E**, Strimpakos N, Petta G. (2017) Does motivation affect the performance in clinical tests of endurance of deep neck flexors? *Journal of Musculoskeletal Research*, Vol. 20, No. 4 (2017) 1750019
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#### **PUBLISHED ABSTRACTS FROM CONGRESSES IN PEER REVIEWED JOURNALS**

1. Kellari A, Eumorphia Papapostolou, Euaggelia Papadimou, Zacharias Dimitriadis, **E Kapreli**, George Koumantakis, Nikolaos Strimpakos, Asimakis Kanellopoulos (2023). The use of a novel assessment protocol for the knee joint velocity proprioceptive sense to investigate motor learning abilities. *Gait & Posture*, 106:S95
2. Tsoukalas K, I Maliousis, AA Kellari, Z Dimitriadis, **Kapreli E**, N Strimpakos, ...(2023). Comparison of the proprioceptive abilities of joint position sense and angular velocity sense, at the knee joint. *Gait & Posture* 106, S208-S209
3. A Kellari, D Paschalidis, A Grigoriou, E Kapreli, G Koumantakis, ... (2023). The impact of quadriceps' fatigue on the proprioceptive perception of the knee joint position sense. *Gait & Posture* 106, S95-S96



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5. Strimpakos N., Anastasiadi E., Panayiotou G., Athanasopoulos S., Karteroliotis K., **Kapreli E.** (2015). Greek version of Modified Baecke Physical Activity Questionnaire (mBQ): Cross-cultural adaptation and psychometric properties. *Physiotherapy*, 101(S1): e1446–e1447
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8. **Kapreli E.**, Athanasopoulos S., Stavridis I., Billis E., Strimpakos N.(2015). Waterloo Footedness Questionnaire (WFQ): Cross-cultural adaptation and psychometric properties of Greek version. *Physiotherapy*, 101(S1): e721
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13. Dimitriadis Z., **Kapreli E.**, Strimpakos N., Oldham J.A (2011). "Hypocapnia in patients with chronic neck pain". *Physiotherapy*, 97(S1): eS288-289
14. Dimitriadis Z., Vourazanis E., Oldham J.A, Strimpakos N., Komianou L., **Kapreli E.** (2009). Respiratory Dysfunction in Neck Pain Patients. A Pilot Study. *Manual Therapy*, 14(1):S11-S12.

15. Kortianou E., Konstantinou AA.G, Dourida M, **Kapreli E**, Strimpakos N, Sakellari V (2009). Pulmonary function and six minute walking test in obese young females: A control pilot study. Eur Resp J, 34(S53): 2320s
16. **Kapreli E**, Athanasopoulos S, Strimpakos N, Papathanasiou M, Gliatis I, Van Hecke P, Gouliamos A, Peters R, Sunaert S. (2007). Lower limb sensorimotor network: An fMRI study. Physiotherapy, Suppl. S475-6
17. Billis E , McCarthy C, Stathopoulos I, **Kapreli E**, Pantzou P, Oldham J. (2007). Clinical and cultural factors in classifying low back pain patients within Greece: An investigation amongst Greek health professionals. Physiotherapy, Suppl. S227
18. Billis E, Sakellari V, **Kapreli E**, Strimpakos N, Trigkas P, Gioftsos G. (2007). Cross-cultural adaptation and validation of the FES-I and CONFBAL questionnaires: Greek versions. Physiotherapy, Suppl. S295-6
19. Strimpakos N, Gogou V, Apostolopoulos S, Spatharakis G, Meliggas K, **Kapreli E**, Sakellari V, Gioftsos G (2007). Falls among Greek elderly\_population admitting at emergency departments (EDS). A six-year epidemiological study. Physiotherapy, Suppl. S206
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## PROCEEDINGS IN INTERNATIONAL CONGRESSES

- **Fifteen (15)** publications in peer-review proceedings of international congresses

## PUBLICATIONS IN GREEK JOURNALS

1. Bilika P, kalopitas C., Skoklidou C., Kotsi A., Tatarasanu S., **Kapreli E.** (2021) Chronic musculoskeletal pain: patients' categorization and assessment. Fysiotherapia. 23(2): 6-23
2. Kalopitas C., Tatarasanu S., Bilika P., **Kapreli E.** (2021). Chronic musculoskeletal pain in lumbar region. Fysiotherapia. 23(2): 24-40
3. Kotsi A., Skoklidou N., Bilika P., Argyrou S., **Kapreli E.** (2021). Chronic pain in fibromyalgia. Fysiotherapia. 23(2): 41-54

4. Dimitriadis Z., Strimpakos N., **Kapreli E.**, Oldahm J. (2013) «Test-retest reliability of craniocervical flexion test for the assessment of endurance of deep neck flexors in healthy subjects» *Physiotherapy Issues* 9(1):11-20
5. Almousa S., Deltsidou A., Nassis G., Basilaki M., **Kapreli E.** (2009). Elastic stockings and bandage influence on hemodynamic parameters." *Physiotherapy Issues* 5(6): 21-40.
6. Bakalos A., Diamantopoulos K., Kalapotharakos V., Strimpakos N., **Kapreli E.** (2008). "The influence of kinesiotaping on jumping ability in soccer players." *Physiotherapy Issues* 5(1):20-27.
7. Vourazanis E., **Kapreli E.** (2008). "The influence of chronic neck pain on respiratory function: controlled clinical trial" *Physiotherapy Issues*, 5(2):15-24.
8. Poulis I., Billis E., **Kapreli E.**, Sakellari V. (2007). Ethical Committee of Physiotherapy Department of TEI Lamias. *Fysikotherapia*, 10(4): 230-235.
9. Katsakiori E., Billis E., Aulakiotis K., Salvanos G., Giannoulis P., **Kapreli E.** (2006) "Assessment of foot pronation". *Physiotherapy Issues*, 4(2): 23-42.
10. Kapodistrias C., Salvanos G., Giannoulis P., Billis E., Strimpakos N., **Kapreli E.** (2005). "Clinical assessment of foot pronation." *Physiotherapy Issues*, 3(5):42-56.
11. Chatzichristodoulou A, Tsamis N, Prasinos D, **Kapreli E.** (2004). "Organisation and management of private physical therapy institutes in Greece. Pilot study." *Fysikotherapia*, 7: 27–36.
12. **Kapreli E.**, (2001). "Neurophysiology of the joints: Mechanisms leading to dysfunction after injury". *Physiotherapy Issues*, 2(2):45-53.
13. Bourdas D., Tsamis N., **Kapreli E.** (2009). "Therapeutic exercise after cardiac infraction". *Fysikotherapia* 12(2): 85-98.
14. **E. Kapreli**, (2001). "Reestablishing proprioception of knee joint". *Physiotherapy Issues*, 2(2):28-44.

#### INVITED PRESENTATIONS IN INTERNATIONAL-NATIONAL CONFERENCES / CONGRESSES

- Invited presentations in **more than 40** national and international conferences and congresses

## PRESENTATIONS IN INTERNATIONAL-NATIONAL CONFERENCES/CONGRESSES

- **More than 50** oral Presentations and posters in international conferences and congresses
- **More than 100** oral Presentations and posters in national conferences and congresses

## SCIENTIFIC EXPERIENCE OF COMMITTEE ORGANIZATION

- Member of Organizing & Scientific Committee and member of Chair Board in more than 30 national and international congresses

## AWARDS

- 1) **10-12 March 2023:** 1st Panhellenic Student Conference on Physiotherapy. Research paper entitled: Do we all learn the same? The effect of playing video games on the motor response. S. Karalegos, A. Norikov, E. Kalogridis, E. Kokona, D. Kanopoulou, N. Koutsambelas, P. Bilika, E. Kapreli. The thesis was awarded as the best undergraduate thesis (3rd place).
- 2) **10-12 March 2023:** 1st Panhellenic Student Conference on Physiotherapy. Research paper entitled: Reliability and validity of IASP nociformis criteria and algorithm. Bilika Paraskevi, Billi Evdokia, Savvoulidou Konstantina, Paliouras Achilleas, Kapreli Eleni. The thesis was awarded as the best doctoral thesis (1st place).
- 3) **10-12 March 2023:** 1st Panhellenic Student Conference on Physiotherapy. Research paper entitled: Can the use of wearable sensors promote the effectiveness of cardiovascular telerehabilitation at home? A systematic review and meta-analysis. Antoniou Varsamo, Kapreli Eleni, Davos Konstantinos, Pepera Garyfallia. The paper was awarded as the best doctoral thesis (3rd place).
- 4) **•28 - 29 April:** 2nd Pancyprian Congress on Chronic Pain, 2023 Nicosia, Cyprus. Research paper entitled: Effectiveness of virtual reality (VR) in combination with exercise in patients with chronic musculoskeletal pain. Karabatsou N., Stavrakakis G., Bilika P., Kapreli E. The work received Commendation.

- 5) •**28 - 29 April:** 2nd Pancyprian Congress on Chronic Pain, 2023 Nicosia, Cyprus. Research paper entitled: Clinical Reasoning with the Use of ChatGPT: Clinical Cases of Patients with Back Pain. Bilika P, Stefanouli V, Stribakos N, Kapreli E. The paper was awarded as the Best Free Paper (1st place).
- 6) •**28 - 29 April:** 2nd Pancyprian Congress on Chronic Pain, 2023 Nicosia, Cyprus. Research paper entitled: Characteristics and barriers of empathy in health: A qualitative study in physiotherapists and patients. K. Savvoulidou , A. Tsokani, A. Papageorgiou, O. Kolokotroni, K. Constantinou, C. Knai, N. Stribakos, E. Kapreli. The paper was awarded as the Best Free Paper (3rd place).
- 7) **December 2020:** 34th Congress of the Hellenic Scientific Society of Physiotherapy, Online. Research paper entitled: Barriers and incentives for green exercise as a means of prevention and treatment of chronic non-communicable diseases: GreenHealthWalks Project. Vourazanis E., Argyrou S., Peppera G., Stribakos N., Bilika P., Kapreli E. The paper was awarded as the best oral presentation of the conference.
- 8) Award for the best presented project of undergraduate student at the 34<sup>th</sup> Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, November 2020, Athens. Oral presentation entitled: Telerehabilitation effectiveness in patients with chronic musculoskeletal pain: The implementation of the program "At home without pain" during the period of self-isolation due to Covid-19. Konstantopoulou A, Argyrou S, Chimonidou A, Tsatsakos G, Bilika P, Kapreli E.
- 9) Award for the best presented project at the 34<sup>th</sup> Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, November 2020, Athens. Oral presentation entitled: Barriers and incentives for green exercise as a means of preventing and treating chronic non-communicable diseases: GreenHealthWalks Project. Vourazanis E., Argyrou S., Peppera G., Stribakos N., Bilika P., Kapreli E. The paper was awarded as the best oral presentation of the conference.
- 10) Award for the best presented project of postgraduate student at the 33<sup>th</sup> Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, 14 January 2019, Athens. Research project titled: Cross cultural adaptation of Central Sensitization Inventory questionnaire. Bilika P, Georgoudis G, Neblett R, Strimpakos N, Kapreli E.

11) Award for the best presented project of postgraduate student at the 8<sup>th</sup> Annual Conference of Greek Scientific Society of Biomechanics, 1-2 September 2018, Thessaloniki. Research project titled: Effectiveness of an exercise programme based on motor learning in correction of forward head posture- RCT. Argyrou S, Dimitriadis Z, Kapreli E.

12) Award for the best presented project of undergraduate student at the 8<sup>th</sup> Annual Conference of Greek Scientific Society of Biomechanics, 1-2 September 2018, Thessaloniki. Research project titled: Motor control of pelvis and balance. Double blind clinical trial. Fragiadakis E, Komninos D, Kotsakis A, Kapreli E.

13) Award for the best presented project at the 25<sup>th</sup> Annual Panhellenic Symposium of Physiotherapy, 22-24 January 2016. Research project titled: Development of an injury assessment tool (test battery) in Tae-Kwo-Do: a pilot study. Lambrinakos V, Kapreli E.

14) Award for the best presented project at the 24<sup>th</sup> Annual Panhellenic Symposium of Physiotherapy, 06-08 December 2014. Research project titled: Investigation of trigger point presence in patients with knee osteoarthritis before and after TKA. Kotsi E., Strimpakos N., Asimakopoulos A., Zaxarakis N., Trigonis E., Kapreli E.

15) Award for the best presented project at the 26<sup>th</sup> Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, 4-6 November 2012: Athens. Project entitled: "Reliability of Zebris Ultrasound-based motion analysis system for the assessment of cervical proprioception in healthy people" Dimitriadis Z., Strimpakos N., Kapreli E., Oldham J.

16) Award for the best presented project at the Annual Panhellenic Symposium of Physiotherapy, 17- 19 October 2008, Athens. Research project titled: "Greek Sports Physiotherapist profile and the characteristics of a specialized long life education program" Kourfi M., Strimpakos N., Tsepis E., Athanasopoulos S., Mandalidis D., Kotzamanidou M., Kapreli E.

17) Award for the best presented project at the Greek Scientific Society of Physiotherapy, 2-4 November 2007, Athens. Research project titled: "The effect of chronic neck pain in respiratory function. A clinical control study" Vourazanis E., Strimpakos N., Papachristos A., Kortianou E., Kapreli E.

18) Award for the best presented announcement (*Tsakoniatis award for exceptional new scientists*) at the Annual Panhellenic Symposium of

Physiotherapy, 08-10 December 2002. Project titled: Reestablishment of neuromuscular Control. Kapreli E.

## FELLOWSHIPS

- 14-25 March 1994: E.E.C Program, Erasmus. Participation in the Greek Physiotherapy Student group at the European Conference “Sports and handicapped people”, Parnas Institution, Belgium.
- April 1994- October 1994: E.E.C Program, Comet. Practical training as a physiotherapy student at Hartlepool @ Peterlee Hospitals NHS Trust, UK.
- June 2002- October 2004: Marie Curie Training Program Grant (QLK2-CT-2000-60057). European Commission, for the fulfillment of research “Motor and somatosensory plastic adaptations of the brain in patients with anterior cruciate ligament deficiency”, in Department of Radiology of the University Hospitals Leuven, Belgium.

## SUMMARY TABLE

<b>Total Publications</b>	113
<b>h-Index</b> <i>Scholar H index calculator</i>	28
<b>Presentations in congresses</b>	150
<b>Invited presentations</b>	40
<b>Citations</b>	<i>Google Scholar (3759)</i>